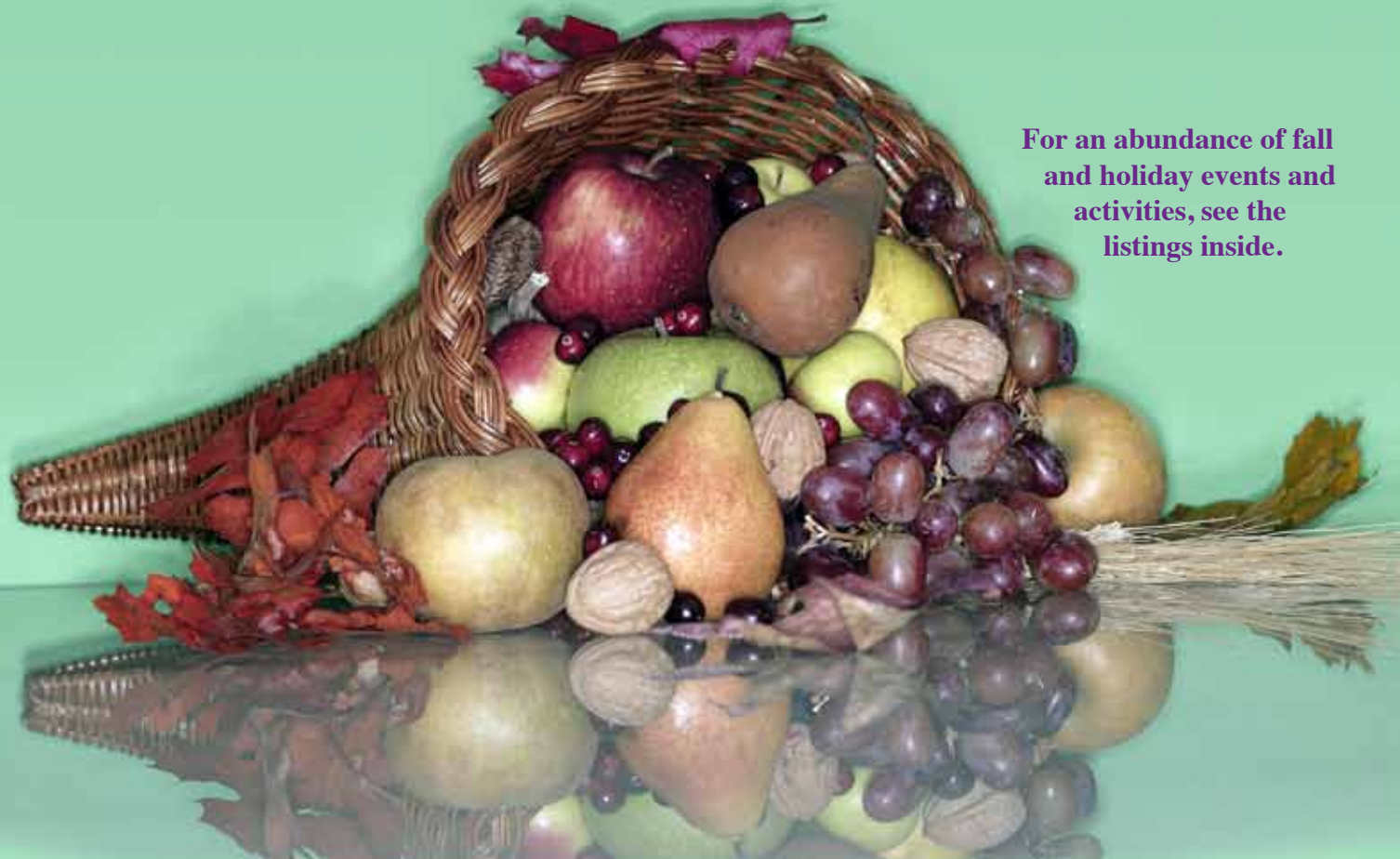


The Las Vegas **ACTIVE ADULT**

Your Guide to Living Beyond The Neon at 50+

October-December 2010



For an abundance of fall
and holiday events and
activities, see the
listings inside.

Contents

Facility Locations & Contacts.....1	East Las Vegas Community/Senior Center.....9
Getting Started2	Howard Lieburn Senior Center 11
Centennial Hills Active Adult Center3	Las Vegas Senior Center13
Derfelt Senior Center5	Downtown Senior Services Center17
Doolittle Senior Center6	Senior Citizens Law Project.....18

Para información en español, llame al 229-6690.

Facility Locations & Contacts



All facilities closed July 5, Sept. 6.

- | | |
|--|--|
|  | Centennial Hills Active Adult Center Monday-Thursday, 8 a.m.-8 p.m.; Friday, 8 a.m.-6 p.m.
6601 N. Buffalo Drive 229-1702 <i>Coordinator: Roney Fuller</i> |
|  | Derfelt Senior Center Monday-Friday, 8 a.m.-4 p.m.
3343 W. Washington Ave. 229-6601 <i>Coordinator: Ingrid Williams</i> |
|  | Doolittle Senior Center Monday-Friday, 8 a.m.-5 p.m.
1930 N. J St. 229-6125 <i>Coordinator: Brenda Bouie</i> |
|  | East Las Vegas Community/Senior Center Monday-Friday, 8:30 a.m.-4:30 p.m.
250 N. Eastern Ave. 229-1515 <i>Coordinator: Elias Samorano</i> |
|  | Howard Lieburn Senior Center Monday-Friday, 8 a.m.-4 p.m.
6230 Garwood Ave. 229-1600 <i>Coordinator: Kathy Burkhardt</i> |
|  | Las Vegas Senior Center Monday-Friday, 8 a.m.-8 p.m.
451 E. Bonanza Road 229-6454 <i>Coordinator: Lettie Peters</i> |
| | Senior Citizens Law Project Monday-Friday, 9 a.m.-4 p.m.; By Appointment Only
310 S. Ninth St., 2 nd Floor 229-6596 <i>Project Administrator: Sheri Cane Vogel, Esq.</i> |

This edition of **The Active Adult** has a wide variety of classes, activities and workshops that were designed with your leisure-time needs in mind.

The Senior Citizen Programs Division continues to encourage and promote healthy lifestyles with programs that offer physical activities, exciting programs and fun ways to meet new friends. Our centers are run by top notch staff that work hard to develop programs that meet your needs. For locations, program hours and phone numbers, please see the map on the previous page.

Please feel free to share with staff any ways that we can improve this brochure. We value your ideas and want to make sure that this brochure provides the information you need. We look forward to a fantastic season of activities for you.

Thank you for being our customer!

Sincerely,

Ed Jost

Ed Jost
Manager
Senior Citizen Programs Division



Getting Started

Classes and activities are subject to change. Fees are per class unless otherwise noted. Please call individual facility to verify times and dates. Annual membership required is \$2. Please register for special events and workshops at least one week in advance.

Registration will begin the first business day of the month before the event.

Online registration is also available for activities that include a class code at www.clvbeyondtheneon.com. Please call any facility if you need assistance.

We are committed to recognizing, respecting and serving our diverse community. We strive to present a broad variety of programs and services that offer a conscious acceptance, education and inclusion of people of all ages, abilities and backgrounds.



Park Ambassadors

Get involved today!

Volunteering keeps you active and connects you to the community. **Park Ambassadors** are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasions throughout the year.

Responsibilities include daily inspection of your park and greeting the visitors. Interested volunteers may call Stephanie Richard at 229-1515 for more information. Thank you in advance...we can't do it without you!

Meeting Schedule

Oct. 14 • 10 a.m. • Derfelt Senior Center
Nov. 18 • 10 a.m. • Derfelt Senior Center

Park ambassadors help preserve our parks for a better tomorrow!

Working together with you to meet your leisure-time needs is our priority.

Got some ideas for new programs and activities you'd like to share? We welcome them all! Some of our best classes, workshops and special events have come directly from suggestions from you, our valued members. Keep them coming!

Centennial Hills Active Adult Center

CLASSES & ACTIVITIES

229-1702

Computer lab and library are open daily; included in your annual \$2 membership.

♥ = Heart Healthy Activities

FM = Fitness Membership; \$15 per month and includes access to all fitness classes.

* By appointment only.

** Offered through a partnership with the YMCA to provide fitness and recreational opportunities. Ask for details.



Monday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9 a.m.	AM Yoga	FM
9 a.m.	Medicare Counseling (2 nd Monday)	Free
9 a.m.	Indoor Golf*	Free
10 a.m.	Pinochle	Free
♥ 10:30 a.m.	Belly Dancing	FM
11 a.m.	Bingo (2 nd Monday)	\$2
♥ 11 a.m.	Lap Swimming at YMCA**	Free
♥ Noon	Tai Chi Gong	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 12:30 p.m.	Water Aerobics	FM
12:30 p.m.	Mah Jongg	Free
1 p.m.	Weight Room Basics	FM
1 p.m.	Digital Camera* \$5/30-minute session	
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
2 p.m.	Beginning Ballroom Dance	\$5/month
♥ 2:30 p.m.	Mat Pilates	FM
3 p.m.	Intermediate Ballroom Dance	\$5/month
3 p.m.	Pinochle	Free
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4 p.m.	Cardio/Weight Room at YMCA**	Free

Tuesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
9:30 a.m.	Quilting	Free
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11 a.m.	Lap Swimming at YMCA**	Free
11:30 a.m.	Laughter Yoga	FM
Noon	Farkle	Free
♥ 12:30 p.m.	Weight Room Basics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1 p.m.	Poker	Free
♥ 1:30 p.m.	Cardio Dance	FM
♥ 2:30 p.m.	Strength & Cardio	FM
3 p.m.	Dominoes (Mexican Train)	Free
4 p.m.	Pinochle	Free

Wednesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
9 a.m.	Knitting	Free
10 a.m.	Scrapbooking (3 rd Wednesday)	Free
10 a.m.	Monthly Movie (Call for date)	Free
♥ 11 a.m.	Lap Swimming at YMCA**	Free
Noon	Tote Painting	Free

Wednesday (continued)

♥ 12:30 p.m.	Water Aerobics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 12:30 p.m.	Hula Dance	Free
1 p.m.	Genealogy (2 nd Wednesday)	Free
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4 p.m.	Cardio/Weight Room at YMCA**	Free
4 p.m.	Party Bridge	Free
♥ 4 p.m.	Tai Chi Gong	FM
♥ 5 p.m.	Yoga	FM
5:15 p.m.	Beginning Computers	\$20/4 weeks
6:30 p.m.	Intermediate Computers	\$20/4 weeks

Thursday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9 a.m.	Senior T.O.P.S.	Free
♥ 9 a.m.	AM Yoga	FM
9:30 a.m.	Jewelry Design	Free
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11 a.m.	Lap Swimming at YMCA**	Free
11:30 a.m.	Poker	Free
♥ Noon	Tai Chi Gong	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
12:30 p.m.	Mah Jongg (National League)	Free
♥ 1:30 p.m.	Cardio Dance	FM
♥ 2 p.m.	Line Dancing	Free
♥ 2:30 p.m.	Strength & Cardio	FM
♥ 3:30 p.m.	Weight Room Basics	FM
3:30 p.m.	Rummikub	Free

Friday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 8:30 a.m.	Water Aerobics	FM
9 a.m.	Party Bridge	Free
9 a.m.	Grief & Loss Support (2 nd & 4 th)	Free
9 a.m.	Indoor Golf*	Free
♥ 9:30 a.m.	Arthritis Aerobics	FM
♥ 10 a.m.	Line Dancing	Free
♥ 11 a.m.	Lap Swimming at YMCA**	Free
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 1 p.m.	Table Tennis	Free
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	Dance Aerobics	FM
♥ 2:30 p.m.	Fit Mix	FM
♥ 3:30 p.m.	Yoga	FM
♥ 4 p.m.	Cardio/Weight Room at YMCA**	Free

SPECIAL EVENTS

+Advanced registration is required.

Please register at least one week in advance.

Senior Chat with Councilman Steve Ross

Monday, Oct. 4 • 10 a.m. • Free

Thursday, Nov. 4 • 6 p.m. • Free

Catholic Charities Volunteer Programs+

Tuesday, Oct. 5 • 10 a.m. • Free

Bingo+

Mondays • 11 a.m.

\$2 each session

Oct. 11

Nov. 8

Dec. 13

**Genealogy**

Wednesdays • 1 p.m. • Free

Oct. 13 • Nov. 10 • Dec. 8

Chili Cook-off

Thursday, Oct. 14

Noon

Free for entrants, \$3
for spectators

**October****Breakfast+**

French Toast &

Sausage Links

Monday, Oct. 18

10 a.m. • \$5

Bunco & Dinner+

Beef Stew

Wednesday, Oct. 20 • 4 p.m. • \$5

Scrapbooking

Wednesdays • 10 a.m. • Free

Oct. 20 • Nov. 17 • Dec. 15

Potluck+

Wednesday, Oct. 27, Dec. 29 • Noon • Free

*Sign-up with your dish at the front desk.

SPECIAL EVENTS (continued)**AARP Driving Course+**

Wednesdays • 3-7 p.m.

Oct. 27 • Nov. 24 • Dec. 29

\$12/AARP Members; \$14 non-members

Checks only, payable to AARP

**Thanksgiving Lunch+**

Roast turkey, mashed potatoes, stuffing, veggies and
dessert

Monday, Nov. 22 • 1 p.m. • \$8

Holiday Potluck and Tree Trimming+

Bring a dish to the potluck and then stay to help decorate
the center.

Monday, Nov. 29 • Noon • Free

Cookie Exchange+

Bring in three dozen of your favorite holiday cookies
and the recipe. We'll provide hot beverages to go along
with the sweet treats.

Wednesday, Dec. 1 • 1 p.m. • \$2

Bunco and Dinner+

Chili and Corn Bread

Wednesday, Dec. 15 • 4 p.m. • \$5

**Two-thirds of older adults who
visit parks report moderate or
high levels of physical activity
during their visit.**

Derfelt Senior Center

CLASSES & ACTIVITIES

229-6601

♥ = Heart Healthy Activities

** By Appointment only



Monday

♥ 8:30 a.m.	Active Adult Swim Lessons NEW!	TBA
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Knit & Crochet	\$1
9:30 a.m.	Compulsive Eaters Anonymous	Call
9:30 a.m.	Computers, beginning	\$25/4 weeks
♥ 10 a.m.	Chi Kung	\$5
10 a.m.	Chieko's Painting & Pastel, advanced	Call
♥ 11 a.m.	Tai Chi	\$5
11 a.m.	Self Exploration	\$3
11:30 a.m.	Party Bridge	Call
1 p.m.	Texas Hold 'Em	Free
♥ 1:30 p.m.	Chair Fitness	\$3
2 p.m.	Open Computer Lab	Free

Tuesday

8 a.m.	Open Computer Lab	Free
♥ 8:30 a.m.	Active Adult Water Fitness Class NEW!	TBA
8:30 a.m.	Oil & Acrylic Painting, beginning	\$3
♥ 9 a.m.	Tai Chi with Terry	\$3
9 a.m.	Chieko's Painting & Pastel, advanced	Call
9:30 a.m.	Compulsive Eaters Anonymous	Call
10 a.m.	Movies (Call for title)	Free
♥ 10:30 a.m.	Line Dance	\$3
11 a.m.	Yoga with Nancy	\$3
11:30 a.m.	Duplicate Bridge	Call
♥ Noon	Line Dance, beginning NEW!	\$3

Wednesday

♥ 8:30 a.m.	Active Adult Swim Lessons NEW!	TBA
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Quilting	\$3
9:30 a.m.	Compulsive Eaters Anonymous	Call
9:30 a.m.	Computers, beginning	\$25/4 weeks
♥ 10 a.m.	Chi Kung	\$5
10:30 a.m.	Oil Painting (1 st & 3 rd Wednesday)	\$3
♥ 11 a.m.	Pilates	\$3
11 a.m.	Bunco & Brunch (1 st Wednesday)	\$3
♥ 11 a.m.	Tai Chi	\$3
Noon	Open Computer Lab	Free
Noon	Mah Jongg	Free

Thursday

8 a.m.	Open Computer Lab	Free
♥ 8:30 a.m.	Active Adult Water Fitness Class NEW!	TBA
♥ 8:30 a.m.	T.O.P.S. Weigh-In	Call
♥ 9 a.m.	Tai Chi	\$3
9 a.m.	Conversational Spanish	\$5
♥ 9:45 a.m.	T.O.P.S.	Call
♥ 10 a.m.	Yoga with Nancy	\$3
10 a.m.	Park Ambassadors (2 nd Thursday)	Free
11:30 a.m.	Card Club (Party Bridge)	Call
Noon	Tap, beginner/intermediate NEW	\$5
Noon	LV Senior Softball Association (2 nd Thursday)	Free
♥ 1:30 p.m.	Chair Fitness	\$3

Friday

8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Chieko's Painting & Pastel, advanced	Call
10 a.m.	Writing for Pleasure	\$3
10:30 a.m.	Movies (Call for date)	Free
♥ 11 a.m.	Pilates	\$3
♥ 12:30 p.m.	Ballroom Dance with JoJo	\$5
1 p.m.	Good Time Singers	Free

SPECIAL EVENTS

Please register at least one week in advance.

Flu Shot Clinic • Monday, Oct. 4 • 9 a.m. • Call

Nail Trimming Clinic

Thursday, Oct. 14 • 11:45 a.m. • Free

Mad Hatter Luncheon

Wednesday, Oct. 20 • 11:30 a.m. • \$5 w/hat \$7w/o hat

Turkey Bowl Luncheon

Nov. 17 • 11:30 a.m. • \$5 if paid by Oct. 31/\$7 after

Holiday Social

Dec. 8 • Time: Call • \$7 purchased by Nov. 30/\$10 after

Holiday Haircuts Call for information

Soup's Back • Oct. 7, Dec. 9 • 11:30 a.m. • \$3

Holiday Gift Craft Workshop

Learn to make bath salts, candles and soaps.

Thursday, Dec. 16 • 1 p.m. • \$3 + Supply fee.

Hiking Club **NEW!** • Fridays • 1 p.m. • Free

Doolittle Senior Center

CLASSES & ACTIVITIES

229-6125

♥ = Heart Healthy Activities



Monday

8 a.m.-5 p.m.	Pinochle, Dominoes and Chess	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 9 a.m.	Strength Training	Free
10 a.m.	Camera Club (1 st Monday) 10/4, 11/1, 12/6	Free
♥ 10 a.m.	Chair Fitness	Free
10 a.m.	Jewelry Making	50¢
10 a.m.	Bowling (meet at Sante Fe Station)	\$4
12:30 p.m.	Sewing	Free
1 p.m.	Chess	Free
♥ 2 p.m.	Wii Games/Table Tennis	Free

Tuesday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
8:30 a.m.	Walking Club (Weather Permitting)	Free
♥ 9 a.m.	Stretch and Circulation Class	Free
9:30 a.m.	Library Outreach	Free
9:30 a.m.	Picture/Scrapbook Album Club	Free
Noon	Bingo (Bring a \$1 prize)	Call
1 p.m.	Game Show Games	Free
1 p.m.	Quilting Class	\$2
♥ 2 p.m.	Wii	Free

Wednesday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
9 a.m.	Community Garden	Free
♥ 9 a.m.	Strength Training	Free
♥ 10 a.m.	Chair Fitness	Free
11 a.m.	Red Hat Divas (3 rd Wednesday) (7/21, 8/18, 9/15)	Free
11 a.m.	Scrabble Club	Free
12:30 p.m.	Sewing	Free
2 p.m.	Wii Games/Table Tennis	Free

Thursday

8 a.m.-5 p.m.	Pinochle, Dominoes and Chess	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 9 a.m.	Stretch and Circulation Class	Free
10 a.m.	Name That Tune ((10/7, 11/4, 12/2)	Free
11 a.m.	Scrabble Club	Free
Noon	Bingo (Bring a \$1 prize)	75¢
1 p.m.	Game Show Games	Free
2 p.m.	Kings in the Corner	Free
♥ 2 p.m.	Wii Games/Table Tennis	Free

Friday

8 a.m.-5 p.m.	Pinochle, Dominoes and Chess	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
8 a.m.	Table Tennis	Free
♥ 9 a.m.	Strength Training	Free
10 a.m.	Amos & Andy Movie Series	Free
♥ 10 a.m.	Chair Fitness	Free
♥ 11 a.m.	Soul Line Dancing	Free
♥ 2 p.m.	Wii Games/Table Tennis	Free

FEATURES

Doolittle Express

Snack bar serves home-made sandwiches, soup, hot dogs, toast, bagels, salad bowls and more.

Monday-Friday

9 a.m.-1 p.m. • 5¢ to \$2

Award-Winning Community Garden

Join our work crew and reap the benefits of fresh vegetables, fruits and flowers. The garden has 40 raised gardening beds. The garden is located in the 1200 block of Blankenship. Please call the center to get involved, and for further details. Master Gardner Don Fabbi meets Wednesdays, 9 a.m.



FEATURES

Senior Fitness Room - Open Daily

Improve your health and get fit! Equipment includes treadmills, bicycles, free weights and universal weight machines.

Free with Senior Center Membership.

Monday–Friday 8 a.m.–5 p.m. Free

Library Room/TV Room

Books and magazines are available to be read; you can trade or donate books to the library. A large flat screen TV is available for your viewing.

Monday–Friday 8 a.m.–5 p.m. Free

EVENTS

Please register at least one week in advance.

Hoagie Wednesdays

Includes a hoagie, cup of soup, dessert and a drink.

11 a.m.–noon

Oct. 6 • Nov. 3 • Dec. 1

\$3 per meal

Grits w/Toast Day

Wednesdays

Oct. 13 • Nov. 10 • Dec. 8

9–11 a.m. • \$1

Hank's Skinner Burger Day

Enjoy Hank's homemade juicy hamburger with fixing, chips and a drink once a month.

Thursday • 11 a.m.–1 p.m. • \$2

Oct. 21 • Nov. 3 • Dec. 9

Doolittle Cinema and Popcorn

Fridays • 1 p.m. • Free

Oct. 22 • Nov. 19 • Dec. 17

Monthly Birthday Celebration

Thursdays • 11:30 a.m.

Free

Oct. 21

Nov. 18

Dec. 16



EVENTS (continued)

Chili Cook Off

Bring your favorite chili and have it judged by a panel. 1st, 2nd and 3rd places will be awarded. Please contact office for entries by Oct. 8.

Tuesday, Oct. 12 • 1 p.m. • Free for contestant, \$1 for chili samples

Joke Day

Bring your clean jokes to share with the group.

Thursdays • 11 a.m. • Free

Oct. 21 • Nov. 18 • Dec. 16

Halloween Popcorn Balls

We will supply all the goodies to make great popcorn balls, come have some fun with us.

Wednesday, Oct. 20 • 11 a.m. • \$1

Camera Club Expo

Enjoy the fabulous photos from the club and vote for your favorite pictures.

Free, light refreshments will be served.

Friday, Oct. 22 • 10 a.m.–2 p.m.

No Tie Fleece Blankets

Just in time for the Holidays, these are great gifts for everyone. Bring two yards of your favorite pattern fleece, two yards of solid fleece and scissors.

Tuesday, Nov. 4 • 1 p.m. • \$1

3rd Annual Doolittle Senior Talent Showcase

Seniors will showcase their talents and perform. Light refreshments will be served. Rehearsal is mandatory the last week of October. Call office for rehearsal appointment.

Tuesday, Nov. 9 • 1 p.m. • \$2 per person

Harvest Festival Potluck

Bring a dish and a funny story to share.

Thursday, Nov. 18 • 10 a.m.–noon

Must bring a dish

Thanksgiving Lunch

Enjoy a traditional meal with all the fixings. Advance registration of one week required.

Tuesday, Nov. 23 • 11 a.m. • \$7

EVENTS *(continued)*

All You Can Eat

Pinto Beans and Ham w/Potluck Cornbread

Advance registration required.

Tuesday, Dec. 7 • 11 a.m.–1 p.m.

\$1 (if you bring cornbread)

\$3 (if you don't bring cornbread)

Poppin' Popcorn Blast

Enjoy eating popcorn while stringing it to make garland for the holidays.

Thursday, Dec. 9 • 10 a.m. • \$1

Caroling Karaoke

Join us in holiday fun; come sing your favorite song.

Tuesday, Dec. 14 • 10:30 a.m. • Free

Winter Holiday Brunch

Enjoy a traditional meal with all the fixings. Advance registration of one week required.

Thursday, Dec. 16 11 a.m. \$7

Holiday Cookie Exchange

Bring two dozen cookies to trade with each other.

Tuesday, Dec. 21

11 a.m.

Free

Happy Holiday Bingo Event

Come socialize with us this Christmas holiday with special prizes, cider and cookies.

Tuesday, Dec. 21 • noon • \$1

New / Old Member New Year's Eve Mixer

If you are a new member and want to meet our existing members this is an event you don't want to miss. We will go over upcoming activities for 2011, then off to the fun. We will have music, cookies and punch as we kick off the new year.

Thursday, Dec. 30 • 1-2 p.m. • Free

HEALTH

Flu Shots and CCHD Presentation

A presentation on flu and flu shot clinic to follow presentation. Appointments will be needed. Medicaid and Medicare along with most other insurances will be accepted. Please call office to make your appointment.

Tuesday, Oct. 6 • 10 a.m.

Free with appropriate insurance, \$ w/o insurance.

Valley Health System Medical Presentations

Thursday, Oct. 14 Kidney Disease

Tuesday, Nov. 16 Sleep Disorders

Thursday, Dec. 9 Vertigo

11 a.m.-noon • Free

Blood Pressure Checks

Have your blood pressure checked. Sponsored by Caremore.

Thursdays • 10–11 a.m. • Free

Oct. 21, Nov. 18, Dec. 9

EDUCATION

Health is Wealth

Learn more about how to live and eat healthier. Know the foods to eat that helps to prevent and eliminate most diseases. The instructor has 48 years experience as a pharmacist and teaches classes at the university and other centers.

Tuesdays • 10 a.m. • Free

Oct. 6, Nov. 3, Dec. 1

AARP Safe Driving Course

Let AARP bring you up to speed on traffic rules and driving conditions. You may be eligible to receive an insurance discount. Contact your insurance agent for further details.

\$12/members, \$14/non-members, payable to AARP Instructor.

Thursdays • 9 a.m.–1 p.m.

Oct. 7 • Nov. 4 • Dec. 2

How To Get Great Travel Deals

Start off the new year with a saving. Learn some different things you can do to save money when you're traveling. Travel more and pay less.

Tuesday, Oct. 19 • 10–11 a.m. • Free



Don't lose your curiosity about life! It's never too late to explore a new activity.

East Las Vegas Community/Senior Center

CLASSES & ACTIVITIES

229-1515

♥ = Heart Healthy Activities

Computer room has open lab times. Please see center staff for days and times.



Monday

♥ 8:30 a.m.	Walking Group	Free
9 a.m.	Senior Trading Library	Free
♥ 9 a.m.	Exercise Class	\$2
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 11 a.m.	Nintendo Wii	Free
♥ 11:30 a.m.	Tap Dance	\$2
12:30 p.m.	Texas Hold 'Em Poker	Free
♥ 12:30 p.m.	Yoga	\$1
1 p.m.	Movie Madness (Oct.11, Sept. 8, Dec. 13)	Free
2 p.m.	Senior Jazz	\$10

Tuesday

♥ 8 a.m.	Walking Group	Free
9 a.m.	Acrylic Painting	\$5
9 a.m.	Canasta, Cribbage and Pinochle	Free
9 a.m.	Puzzle Club	Free
♥ 10 a.m.	Hula, beginning	\$5
♥ 10 a.m.	Hula, intermediate	\$5
♥ 10:30 a.m.	Hula, advanced	\$5
♥ 11 a.m.	Nintendo Wii	Free
12:30 p.m.	Bridge	\$3
♥ 1 p.m.	Korean Folk Dance	\$5
♥ 3 p.m.	Japanese Dance	\$5
♥ 6 p.m.	Square Dance Lessons	\$4

Wednesday

♥ 8:30 a.m.	Walking Group	Free
♥ 9 a.m.	Exercise Class	\$2
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 10 a.m.	Line Dance	\$3
♥ Noon	Creative Dance	\$4
12:30 p.m.	Yoga	\$1
12:30 p.m.	Texas Hold 'Em Poker	Free
4 p.m.	Jazz	Call

Thursday

♥ 8 a.m.	Walking Group	Free
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 9 a.m.	Tap Dance	\$2
9:30 a.m.	Kids-to-Kids Book Cleaning	Free
♥ 9:30 a.m.	Line Dance, Int.	\$3
10:30 a.m.	Line Dance, Adv.	\$3
10 a.m.	Red Hat Society (1 st Thursday)	Free
11:30 a.m.	Tap Dance, advanced	\$3
♥ 1 p.m.	Ballroom Dance	\$5
♥ 7 p.m.	Square Dance	\$3

Friday

♥ 8:30 a.m.	Walking Group	Free
♥ 9 a.m.	Exercise Class	\$2
9 a.m.	Quilting Class	\$3
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 11 a.m.	Hula Practice	\$3
12:30 p.m.	Texas Hold 'Em Poker	Free
1 p.m.	Jazz	\$10



Community Garden

We are going to be starting a community garden, which offers opportunities for socialization, development of community pride, sustainability and fresh grown produce. Participants actively utilize daily living skills while being involved in a rewarding educational and recreational experience. Call for more details.

Get physical today!

Engaging in physical fitness activities on a daily basis can help you stay more active than ever before. Find an activity you enjoy so you'll want to do it every day.

EVENTS

Please register at least one week in advance.

Monthly Lunch Breast Cancer Awareness

Receive important information and fun prizes for your support of Breast Cancer Awareness month. Defend your health with knowledge and friendship!

Thursday, Oct. 7 • 11:30 a.m.-noon • \$3

Texas Hold 'Em Tournament

Oct. 27

Nov. 24

Dec. 29

12:30 p.m. • \$2

No cash buy in and prizes will be awarded for the final table.



Crockpot Cooking 101

Come learn some new Crockpot recipes.

Tuesday, Oct. 12 • 1:30 p.m. • \$2

Learn how to make some exciting crockpot recipes.

Medicare SHIP Program

Meets the second Tuesday of every month

10 a.m.-noon

Oct. 12 • Nov. 9 • Dec. 14

Please call the front desk by appointment only.

DSLR (Digital Single Lens Reflex)

Camera Club **NEW!**

Meets the second and fourth Wednesday of the month
1-3 p.m.

Oct. 13 & 27 • Nov. 10 & 24 • Dec. 8 & 22

AARP Safe Driving Course

\$12 payable to instructor if AARP Member \$14/non AARP Member

9 a.m.-1 p.m.

Oct. 14 • Nov. 18 • Dec. 16

Madd Hatter Hat Decorating Workshop

Monday, Oct. 18 • 11:30 a.m. • \$2/person

Get yourself ready for the Madd Hatter Tea Party!

Bring a hat to decorate and wear for our afternoon tea.

Don't think about making a fancy hat – we're all about the creepy for this event. You provide the hat and we'll provide the spooky embellishments. Don't forget to bring your creative juices!

EVENTS (continued)

Madd Hatter Tea Party

Wednesday, Oct. 20 • 11:30 a.m. • \$3/person

Don't get dainty on us for this tea party! We're kicking off the haunting season, so dress in your best spooky attire with a hat to match (made at the earlier workshop). Sip tea and dine on refreshments while we enjoy the afternoon with a new take on an old idea!

Digital Camera Club **NEW!**

Meets the third Thursday of the month

1-3 p.m.

Oct. 21 • Nov. 18 • Dec. 16

Bunco Snack Potluck

All you need is a set of dice, a handful of luck and the desire to have fun!

Oct. 25 • Nov. 29 • 2 p.m. • Free

Goblin' Good Time Luncheon

Wednesday, Nov. 17 • 11:30 a.m. • \$5/person

Share this fabulous holiday fest with friends. Enjoy traditional Thanksgiving cuisine with a few unexpected twists thrown in for fun. Thelma the turkey just might make an appearance.

Holiday Sugar Cube House!

Tuesday, Dec. 7 • 10 a.m. • \$3/person

Come construct your own sugar cube holiday igloo! Decorate it and display it for others to admire. Prizes awarded for the best igloo! Materials provided and light refreshments.

Holiday Celebration Luncheon

Thursday, Dec. 9 • 11:30 a.m. • \$5/person

Come Celebrate an assortment of winter holidays with food, songs and decorations associated with each celebration. Come ready to sing and be merry!

Park Ambassadors

Get involved today! Volunteering keeps you active and connects you to the community. Park Ambassadors are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasion throughout the year. For more information, call Stephanie at 229-1518.

Howard Lieburn Senior Center

CLASSES & ACTIVITIES

229-1600

- ♥ = Heart Healthy Activities
 * = Computer lab closed during classes.
 ** = Supplies Extra



Monday

♥ 8 a.m.	Table Tennis	Free
♥ 9 a.m.	Yoga	Free
9 a.m.	Intro to Computers	\$3
10 a.m.	Ceramics	\$3
11 a.m.	Cooking Club (4 th Monday)	\$5
♥ Noon	Low-Impact Aerobics	\$3
Noon	Party Bridge	Free
Noon	Good Time Girls	
	Red Hat Society (1 st Monday)	Free
Noon	Daughters of the Utah Pioneers (2 nd Monday)	Free
Noon	Ladies of Joy Red Hat (3 rd Monday)	Free
1 p.m.	Intro to the Internet	Free
1 p.m.	Digital Camera Club (2 nd & 4 th Monday)	Free
1:30 p.m.	Beginning Sewing (Starts in Nov.)	\$20/4 week
2:30 p.m.	Intro to Microsoft Word	Free

Tuesday

♥ 8 a.m.	Walk & Talk	Free
♥ 9 a.m.	Sculpt & Stretch	\$1
10 a.m.	Intro to Computers	\$3
10 a.m.	N.A.R.F.E. Service Office	Free
10:30 a.m.	Spanish, Beginning	\$3
♥ 11 a.m.	In Balance Training	\$3
11:30 a.m.	Red Hat Lieburnettes (2 nd Tuesday)	Free
Noon	S.H.I.P. Informational Forum (2 nd Tuesday)	Free
♥ 1 p.m.	Line Dancing	\$3
1 p.m.	Scrabble	Free
1 p.m.	Intro to the Internet	Free
1 p.m.	Checkers, Chess, Yahtzee (2 nd & 4 th)	Free
1:30 p.m.	Culture Series (4 th Tuesday)	Free
2:30 p.m.	Book Club (3 rd Tuesday)	Free
2:30 p.m.	Intro to Microsoft Word	Free

Wednesday

♥ 8 a.m.	Table Tennis	Free
♥ 9 a.m.	Basic Weight Training	\$15/4 wk.
9 a.m.	Digital Camera Class	\$20/4wk.
9 a.m.	Intro to Computers	Free
9:30 a.m.	Kids-to-Kids (1 st & 3 rd Wednesday)	Free
11 a.m.	Nimble Fingers Needlecrafts	Free

Wednesday (continued)

11 a.m.	Melodrama Theatre	Free
♥ Noon	Low-Impact Aerobics	\$3
Noon	Pinochle	Free
1 p.m.	Texas Hold 'Em Poker	Free
1 p.m.	Intro to the Internet	Free
♥ 1:30 p.m.	Wii Games	Free
2:30 p.m.	Intro to Microsoft Word	Free

Thursday

♥ 8:30 a.m.	Walk & Talk	Free
♥ 9 a.m.	Sculpt & Flexibility Exercise	\$1
9 a.m.	Ask the Master Gardener	Free
♥ 9:30 a.m.	T.O.P.S.	Free
10 a.m.	Intro to Computers	Free
10 a.m.	Hand & Foot Canasta	Free
10:30 a.m.	Mah Jongg	Free
♥ 11 a.m.	M.S. Exercise Class	Free
11 a.m.	AARP Driving Class (3 rd Thursday)	\$12/\$14
Noon	Quilting	\$3
Noon	Party Bridge	Free
1 p.m.	N.A.R.F.E. (2 nd Thursday)	Free
1 p.m.	Intro to the Internet	Free
2:30 p.m.	Intro to Microsoft Word	Free

Friday

♥ 10 a.m.	Chi Kung	\$3
10 a.m.	Hand & Foot Canasta	Free
♥ 11 a.m.	Tai Chi (off the month of July)	\$3
Noon	Party Bridge	Free
12:30 p.m.	Spanish, Intermediate	\$3
♥ 1 p.m.	Pilates Mat	\$3
1:30 p.m.	Starting your Family History 4 week class	Free
♥ 2 p.m.	Zumba	\$3

A friend or social group can serve as a support network, helping you achieve your fitness goals.

EVENTS

Please register at least one week in advance.

October

Breakfast Nook

Scrambled Eggs, bacon, sausage, toast, fruit, juice and coffee

Friday, Oct. 1 • 8:30 a.m. • \$3

Blood Pressure Check

Tuesday, Oct. 5 • 10 a.m. • Free

Movies

Thursday • 1 p.m. • Free

Oct. 7 – “Young Frankenstein”

Oct. 21 – “Practical Magic”

Lieburn Lecture Series:

The New Medicare Changes

This lecture will go over all the new Medicare changes that will take effect in January.

Monday, Oct. 18 • 1 p.m. • Free

Halloween Luncheon and

Pumpkin Decorating Contest

Friday, Oct. 22 • 11 a.m.

\$2 plus a dish to pass (Sign up for your dish at the front desk)

We will provide drinks and dessert.

Don't forget to wear a costume!

November

Blood Pressure Check

Tuesday, Nov. 2 • 10 a.m.

Free

Movies

Thursday • 1 p.m. • Free

Nov. 4 – “Ironman 2”

Nov. 18 – “Toy Story 3”

Breakfast Nook

Friday, Nov. 5 • 8:30 a.m. • \$3

Omelets, home fries, juice, coffee and fruit

Lieburn Lecture Series:

Your Financial Future

Presented by Mike Lantz, CPA and Wealth Builder

Monday, Nov. 15 • 1 p.m. • Free

You can turn in any questions prior to lecture to the front desk for Mike to research.

EVENTS (continued)

Pumpkin Centerpiece

Wednesday, Nov. 17

1:30 p.m. • \$5

This fun centerpiece is so easy and fun to make. Bring a new roll of toilet paper.



Thanksgiving Luncheon Potluck

Friday, Nov. 19 • 11 a.m.

We will do the turkey and drinks and you can sign up for the fixins.

\$2 with a dish to pass, \$5 without

December

Movies

Thursday • 1 p.m. • Free

Dec. 2 – “A Christmas Carol”

Dec. 16 – “The Holiday”

Dec. 30 – “Knight and Day”

Breakfast Nook

Friday, Dec. 3 • 8:30 a.m. • \$3

Breakfast frittata, fruit, croissants, juice and coffee

Blood Pressure Check

Tuesday, Dec. 7 • 10 a.m. • Free

1st Annual Lieburn Cookie Exchange

Wednesday, Dec. 8 • 1:30 p.m. • Free

Sign up at the front desk, limited to 20 people.

Easy Jar Gifts

Wednesday, Dec. 15 • 1:30 p.m. • \$5

Demonstration with handouts, participants will create their own jar gift

Holiday Luncheon and Dance

Friday, Dec. 17 • 11 a.m. • \$5

Ham, scalloped potatoes, vegetable, salad, rolls and dessert

Lieburn Lecture Series:

Be Kind to Your Mind

This fun lecture offered by Home Bound Healthcare will show you how you can keep your mind active.

Monday, Dec. 20 • 1 p.m.



Las Vegas Senior Center

CLASSES & ACTIVITIES

229-6454

♥ = Heart Healthy Activities

The center has a small library and billiards room open daily and are included in your \$2 membership.



Monday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9:15 a.m.	Zumba	\$9/wk or \$36/mo
9 a.m.	Cribbage	Free
9 a.m.	Drawing & Painting	\$5
10 a.m.	China Painting	\$3
10 a.m.	Intro to Computers	Free
11 a.m.	Ukelele Band Practice	Call
11:30 a.m.	Duplicate Bridge Class	Call
12:30 p.m.	Desert Wins Duplicate Bridge Club	Call
1 p.m.	Bingo Excitement (Bring a prize)	Free
1 p.m.	Intro to the Internet	Free
3 p.m.	Intro to Word	Free
♥ 6 p.m.	Round Dance, advanced	\$5
6 p.m.	So. NV Gem and Mineral Society (1 st Monday)	Call
6 p.m.	LV Gold Prospectors (Last Monday)	Call

Tuesday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Indoor Walking Club	Free
10 a.m.	Japanese Embroidery	\$3
10 a.m.	Laptop Basics	Free
♥ 10 a.m.	Nintendo Wii Bowling and More	Free
10 a.m.	Porcelain Art Guild (1 st Tues.)	Call
10 a.m.	Woodcarving & Wood Burning	Free
♥ 10:30 a.m.	Tap Dance, beginning	\$3
11 a.m.	Hamburger Tuesday	\$2+
11 a.m.	Medicare SHIP Program (3 rd Tues. by appt.)	Free
11 a.m.	Purple Passions Red Hat Society (4 th Tuesday)	Call
♥ 11:30 a.m.	Tap Dance, intermediate/advanced	\$3
Noon	Porcelain Workshop	\$3
12:30 p.m.	Texas Hold 'Em Tournament (11/16 & 12/7)	Free
♥ 1 p.m.	Cowboy Mike's Line Dance Class (Noon on 2 nd Tuesday)	\$3
1 p.m.	Texas Hold'em Social	Free
1 p.m.	Senior Tripsters (2 nd Tuesday)	Call
♥ 3:15 p.m.	Swing Dance with JoJo	\$5
5 p.m.	Silversmith Class	Call
♥ 5 p.m.	Ballroom Dance	\$4

Wednesday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Blood Pressure Screening	Free
♥ 9 a.m.	Zumba	\$9/wk or \$36/mo
9 a.m.	Ukrainian Egg Design	\$3
10 a.m.	Intro to Computers	Free
10 a.m.	Mixed Cards & Games	Free
♥ 10 a.m.	Tai Chi with Billie Ann	\$3
10:30 a.m.	Health is Wealth (10/13, 11/10, 12/8)	Free
11 a.m.	Hot Dog Wednesday (1 st Wed. only)	\$1
11 a.m.	Dominoes	Free
11 a.m.	Tap Dance, Int.	\$3
11 a.m.	Musical Theatre I	Free
12:30 p.m.	Musical Theatre II	Free
1 p.m.	Intro to the Internet	Free
♥ 1 p.m.	Ballroom Dance Class with JoJo	\$5
♥ 1 p.m.	Shuffleboard (Indoor)	Free
♥ 2 p.m.	Hawaiian Dance Co.	Call
3 p.m.	Intro to Word	Free
3:30 p.m.	Musical Theatre III	Free
3:30 p.m.	Desert Wins Duplicate Bridge	Call
♥ 6 p.m.	Round Dance Class	\$5

Thursday

8 a.m.	Morning Media	Free
♥ 9 a.m.	Indoor Walking Club	Free
9 a.m.	Crochet and Knit	Free
9:30 a.m.	Wax In-Lay Beading	\$3
10 a.m.	Laptop Basics	Free
10 a.m.	Humanities Discussion Group	Free
10:30 a.m.	Quilting Workshop	\$3
11 a.m.	Ukulele, beginning	\$3
Noon	Ukulele, intermediate	\$3
1 p.m.	Texas Hold 'Em Lessons/Class	\$3
1 p.m.	Afternoon Movie	Free
1 p.m.	Quilting Class	\$3
4 p.m.	Guitar, intermediate	\$3
♥ 4:30 p.m.	Hula, advanced	\$3
5 p.m.	Open Computer Lab	Free
5:30 p.m.	Shuffleboard	Free
6:30 p.m.	Frontline Recovery Group	Call

Friday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
9 a.m.	Cribbage	Free

(continued)

Friday *(continued)*

♥ 9 a.m.	Zumba	\$9/wk or \$36/mo
9 a.m.	Oil Painting Class	\$3
10 a.m.	Intro to Computers	Free
♥ 10 a.m.	Tap Dance, beginning	\$3
♥ 11 a.m.	Belly Dance	\$5
11 a.m.	Frankfurter Friday	\$1 Hot Dog
11:30 a.m.	Ceramics Class	\$3
Noon	Chinese Mah Jongg	Free
Noon	Blue Card Duplicate Bridge	Call
1 p.m.	Intro to the Internet	Free
♥ 2 p.m.	Ballroom Dance Social	\$4
3 p.m.	Intro to Word	Free
3 p.m.	Afternoon Movie	Free
♥ 6:30 p.m.	Ballroom Basics Dance Class with JoJo	\$5

EVENTS

Registration begins the first working day of the month prior to the date of the event, unless otherwise noted.

Flu Shots

Southern Nevada Health District will be here to provide your annual flu shot. A list of accepted insurances will be available closer to the date of the clinic. Please call for more information, and to be put on the list. Cash only. Wednesday, Oct. 12 • 9:30- 11:30 a.m.
Fee: \$30 for flu shot, \$55 for pneumonia
Some insurances accepted.

Chili Cook-off

Make your best chili to enter in the annual chili cook-off. Prizes will be awarded to the winner. We will provide salad and cornbread for those who just want to come and taste and help us judge the best chili!
Wednesday, Oct. 13 • 1 p.m. • Free/\$2 to taste

Annual Texas Hold 'Em Poker Tournament

You have been practicing all year, now is the time to show your skill go "all in" and win the trophy! Prepare for the fun! Join our class on Thursday at 1 p.m. or play in our weekly game on Tuesday at 1 p.m. if you need to hone your skills. Enjoy a pasta luncheon prior to the event.
Tuesday, Oct. 19 • 12:30 p.m. • \$4

EVENTS *(continued)*

Murder Mystery Luncheon

Join our cast from our musical theatre group at our Annual Murder Mystery Luncheon. They will thrill and scare you with a murder and you get to solve the crime! Come dressed in your favorite Halloween costume for our Halloween-themed mystery! Enjoy a luncheon of a deliciously murderous entrée and an equally creepy dessert! See you there. Space is limited so sign up early!
Wednesday, Oct. 27 • 11:30 a.m. • \$5

World Series Party

The World Series has started. Join us for hot dogs, chips and soda, play some games and win some prizes. Get ready to root for your favorite team!
Thursday, Oct. 28 • 2 p.m. • \$2

Veterans Celebration

Join us as we honor the veterans who participate at our center. We will have a short ceremony and light luncheon. Free to veterans; all others \$4. If you are a veteran please register at the front desk by no later than Nov. 1.
Wednesday, Nov. 10 • 11:30 a.m. • Free/\$4

Thanksgiving Luncheon

Join us for a traditional Thanksgiving luncheon with all the trimmings.
Tuesday, Nov. 23 • Noon • \$5

Holiday Decorating and Cookie Exchange

Drop in and help add some spirit for the winter holidays to the senior center. Bring along two dozen of your favorite cookies to share, take home with you a variety of cookies!
Wednesday, Dec. 1 • 10 a.m.-1 p.m. • Free

Gingerbread House Building Contest

Form a team of three people to create the best gingerbread house. We supply the house, icing and some candy. You provide the creativity. Each team may bring two no- food items and three edible items in addition to what is provided.
Thursday, Dec. 2 • 1 p.m. • \$4 per person on team



EVENTS (continued)**20th Annual Holiday Handicraft Sale**

Purchase handcrafted items that may include ceramics, artwork, jewelry, quilts and more!

Friday, Dec. 3 • 10 a.m.-3 p.m. • Free admission
Crafters, age 50 or older may rent a table for \$10 or \$15.
Call Jayne 229-6454; deadline Nov. 19.
Packets available Oct. 1.

Holiday Carol Luncheon

Enjoy entertainment and the holiday season with this annual luncheon.

Wednesday, Dec. 15 •
11:30 a.m. • \$4

Holiday Tea

It's time again for our annual tea. Enjoy savories, scones and pastries along with all the tea you can drink. Put on a hat and come dressed in your best for this annual tradition. Registration limited to two per person.
Tuesday, Dec. 21
11:30 a.m. • \$5

Gift Wrapping Extravaganza

Are you through shopping and want to get your gifts wrapped? We will wrap your gifts the last week before

Christmas. We have a beautiful selection of paper and ribbon! Let us do the work for you.

Thursday-Wednesday, Dec. 16-23 • 8 a.m.-4 p.m.
\$1 per gift

**GAMES/SOCIALS****Ballroom****Dance****Socials**

Ballroom dance socials are held every Tuesday night with live music from Boyd Coulter and his band.

Tuesdays • 5-8 p.m. • \$4
Fridays • 2-4:30 p.m. • \$4

**Shuffleboard (Indoor)**

Play indoor shuffleboard on our full size regulation court.

Wednesdays • 1-3 p.m. • Free
Fridays • 5:30-7 p.m. • Free

Monthly Texas Hold 'Em Poker Tournament

Tuesdays • 12:30-4 p.m. • \$2
Nov. 16 • Dec. 7

Dominoes NEW!

Learn to play dominoes with an excellent instructor. We hope to start a dominoes club soon.

Wednesdays
11 a.m. • Free

**Thursday and Friday Movies**

Join us for movies every Thursday and Friday. Call the center for the schedule of upcoming movies.

Thursdays • 1 p.m. • Free
Fridays • 3 p.m. • Free

Mental stimulation helps keep the brain healthy. Learn something new, read, play word games and cards, or engage in lively discussions with friends and colleagues.

FREE COMPUTER LAB/CLASSES

Computer Classes

Join us for monthly computer classes taught by our experienced Urban League instructor. Classes start the first of each month. Sign up for classes at the front desk. Must get permission for instructor to classes other than Intro to Computers.

Intro to Computers:

Mon/Wed/ Fri 10-11 a.m.

Intro. to the Internet: Free

Mon/Wed 1-2 p.m.

Friday 11 a.m.-noon

Intro. to Word: Free

Mon/Wed 3-4 p.m.

Laptop Basics:

Tues/Thurs 10 a.m.-noon

(Bring your own laptop.)



Open Computer Lab

Remember that we have our open computer lab sessions where you can come and practice your skills! Computers are available on a first come/ first served basis, have a time limit of two hours, and you must check in at the front desk to utilize the lab. During

open computer lab there is an instructor onsite who can help you with your questions. See center for open lab hours.

WORKSHOPS

AARP Safe Driving Course

\$12 for AARP members (must show valid membership card), \$14 for non-members- payable to instructor. Participants must be or become a member of the city of Las Vegas Senior Centers.

Fridays, 9 a.m.-1 p.m.

Oct. 8 or 22 • Nov. 12 • Dec. 10

Digital Camera 101

Have you got a digital camera that you need help with? We will help you learn how to turn it on, view pictures and download them. Bring your digital camera and USB cords and a CD or Thumbdrive if you want to burn/save your pictures to it.

Thursday, Oct. 21 • 11 a.m. • Free



Make a Movie with Your Digital Photos

Bring your digital photos on your camera, a CD, thumb drive, etc. We will take your photos and create a movie. You can enhance it with transitions, music, descriptions and more. When your movie is complete we will burn it to a DVD. Bring your own blank DVD.

Thursday, Nov. 4 and 18 • 11 a.m. • Free

NEW PROGRAMS

Chili Dog Wednesday Special

NEW!

Every first wednesday of the month you can get extra special toppings on a hot dog, including chili, cheese, onions and sauerkraut.

1st Wednesday, begins Oct. 6

11 a.m.-1 p.m.

\$1 at Cooks Nook



Health is Wealth NEW!

Learn how to prevent and cure most ailments and diseases with retired pharmacist Fred Greenburg.

2nd Wednesday • 10:30 a.m. • Free

Oct. 13 • Nov. 10 • Dec. 8

Geocaching 101 and Scavenger Hunt

Have you always wanted to learn to use your GPS to geocache? Do you already go geocaching. Join us as we explore how to use your GPS find a geocache and learn how to log into and create your own account on Geocaching.com. We will go on a geocaching (walking) scavenger hunt around the grounds of the Las Vegas Senior Center, and if you are up to it we can even find a couple of Geocaches recently hidden on the property.

Tuesday, Nov. 16 • 10 a.m. • Free

Downtown Senior Services Center

Senior Citizens Law Project

310 S. Ninth St., 2nd Floor
229-6596

Provides legal counsel and assistance to Clark County residents 60 years of age and older.
See next page for more information.

Jude 22 Senior Nutrition Center

300 S. Ninth St.
229-1142
Monday-Thursday, 8:30 a.m.-1:30 p.m.
Friday, 8:30-11:30 a.m.
Closed 11:30 a.m.-Noon

Emergency food assistance
available for adults
age 60 and older who
meet low-income
federal guidelines.

The city of Las Vegas Senior Citizens Advisory Board helps Las Vegas serve seniors.

This group of advocates works on your behalf to help provide workshops, create partnerships and advise the City Council and staff about the needs of our senior population.

The Senior Citizens Advisory Board meets on the second Thursday of each month at 1:30 p.m. at the Downtown Senior Services Center. The meetings are open to the public and we encourage you to share your opinions with the board. 🌕



Nevada 2-1-1 helps connect seniors with resources.

Have you ever needed help finding a resource to assist you with a problem you face? Nevada 2-1-1 is a great resource that can connect you to agencies that can provide answers.

Call 2-1-1 for information about:

- Basic human services
- Physical and mental health resources
- Employment support services
- Programs for children, youth and families
- Support for seniors and persons with disabilities
- Volunteer opportunities and donations
- Support for community crisis or disaster recovery

You can also access this information online at www.nevada211.org.



The Department of Leisure Services is committed to the fair, honest, and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age, or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.

Senior Citizens Law Project

The city of Las Vegas' Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents 60 years of age and older regardless of income. There is no fee for these services; however, donations are accepted. Clients must attend a self help seminar to have their legal issues reviewed; those requiring further assistance will be scheduled for an individual appointment with an attorney.

To reserve your place at an upcoming seminar, call **229-6596**, Monday-Friday, 8 a.m.-5 p.m. The Senior Citizens Law Project currently provides advice and assistance in a variety of legal areas including:

- Consumer Disputes and Debts
- Elder Rights
- Estate Planning
- Long-Term Health Care Planning
- Public Entitlements



The Senior Citizens Law Project does *not* provide assistance in the areas of:

- Criminal Law
- Family Law
- Personal Injury
- Utility or Housing Assistance



Weekly Legal Assistance

Monday-Thursday

9 a.m.-4 p.m. • By appointment only

Appointments will be made for clients needing assistance with legal matters including, but not limited to, general legal information, advance directive/planning for incapacity, affidavits of entitlement, bankruptcy pre-screening, consumer disputes and debts, estate planning, homesteads, medical records, name changes, sealing of records, safe deposit box issues, Social Security and termination of joint tenancy.

Mayor's Healthy Lifestyle Initiative

Committing to an Improved Quality of Life

Mayor Oscar B. Goodman's vision of a healthy and active community starts with each one of us getting smart, getting up and getting out. Our award-winning parks, recreation centers, cultural centers, swimming pools, and sports complexes offer something for everyone. In addition, our trail systems throughout the city provide ample opportunities for walking, bicycling or jogging.

So we invite you to join us today to begin living beyond the neon. But if you're at all apprehensive about getting involved, or really don't know where to start, please speak with a staff member. We're committed to working together with you to meet your leisure time needs as well as to improve your quality of life.

You also can visit www.getfitlasvegas.org to view any special events planned with the mayor. 🌅



749 Veterans Memorial Drive, Las Vegas, NV 89101

www.lasvegasparksandrec.com

Las Vegas City Council
Mayor Oscar B. Goodman

Mayor Pro Tem Gary Reese, Ward 3 - Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1 - Councilman Steven D. Ross, Ward 6
Councilman Ricki Y. Barlow, Ward 5 - Councilman Stavros S. Anthony, Ward 4

City Manager Elizabeth N. Fretwell - Deputy City Managers: Orlando Sanchez, James R. Nichols
Chief Urban Redevelopment Officer Scott D. Adams
Department of Leisure Services Director Billie M. Bastian, CPRP

